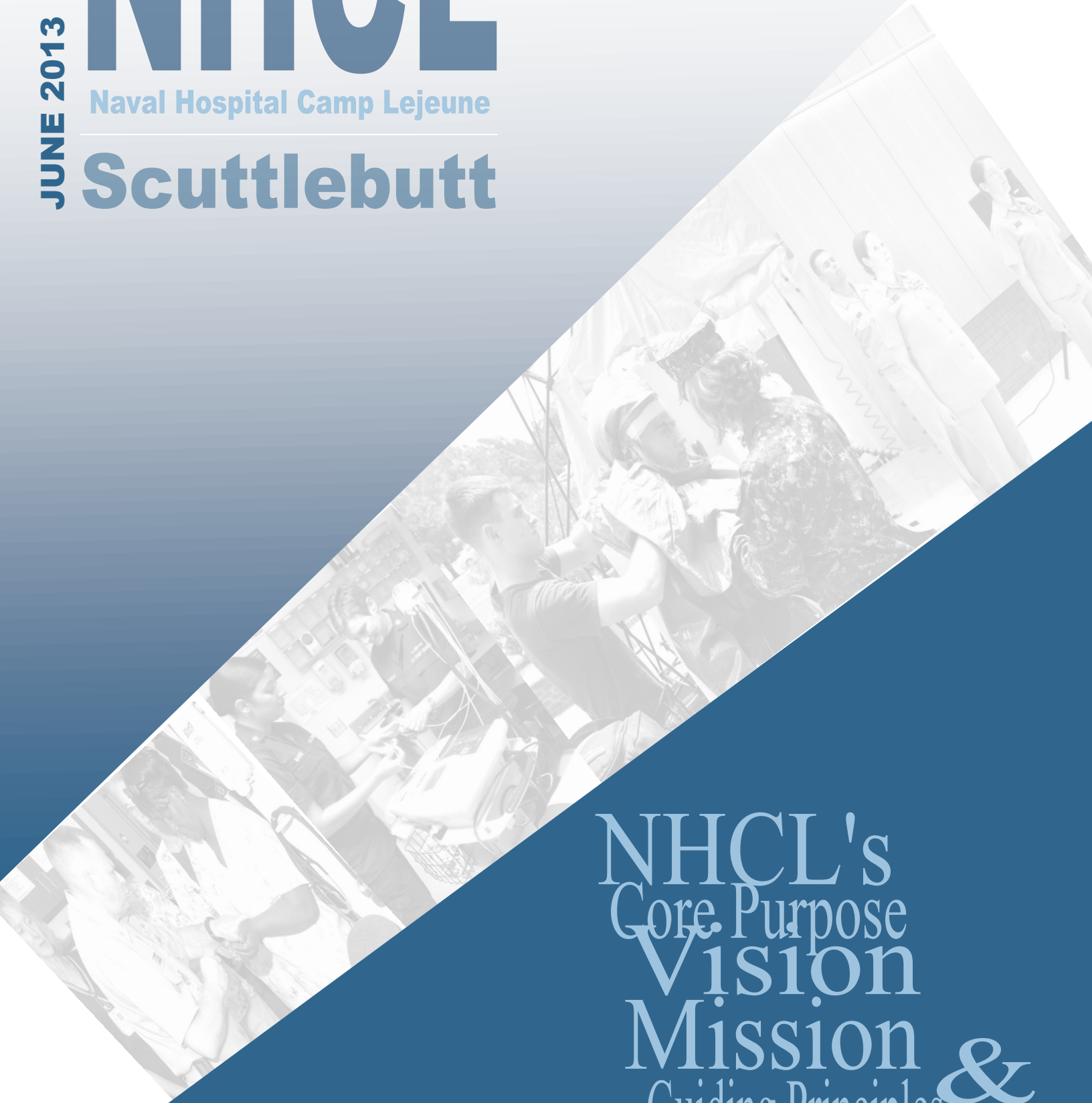


JUNE 2013 VOL 3

NHCL

Naval Hospital Camp Lejeune

Scuttlebutt



NHCL's
Core Purpose
Vision
Mission &
Guiding Principles

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New XO Onboard



Capt. Kurt J. Houser
Medical Service Corps
Executive Officer

Thanks for the warm welcome. It is easy to tell that you all understand what it means to be “all-in” to take care of our patients. In my short time onboard, I’ve seen and sensed a remarkable feeling of pride and a high esprit-de-corps. What a great two weeks; particularly seeing two new outstanding master chiefs advance; congratulations Master Chief Hospital Corpsman Shannon Dittlinger and Master Chief Damage Controlman

Danielle Saunders. The skipper also advanced 53 deserving petty officers. Congratulations to all for your hard work.

My role is to support the commanding officer’s vision and to provide you, via your directors, with the resources to get your jobs done. As ambassadors for our hospital, I see our collective jobs as opportunities to ensure the command’s mission, vision and philosophy are adhered to every single day. We are blessed and privileged to provide quality care to our nation’s war fighters, to include their family members, retirees and their family members.

When you see me around the hospital and our outlying branch medical clinics please do not hesitate to tell me how you are and what else we can do to support you in supporting our patients and staff. I will always have time for you.

Lastly, please remember that our patients frequently come here ill, injured, scared, and concerned. Please remember their state of physical and emotional being while under our care and let’s make sure to always treat everyone with the utmost dignity and respect.

I look forward to serving with you.

NOSC supports NHCL



U.S. Navy photo by Hospital Apprentice William Cagle

Naval Hospital Camp Lejeune’s Commanding Officer Capt. David A. Lane (left) poses for a photo with Krystyn Case, Naval Officers Spouse Club (NOSC) benevolence chair during a donation ceremony for Navy commands aboard Marine Corps Base Camp Lejeune May 20. More than 2,000 dollars worth of items were donated to NHCL for patient care and staff morale. The NOSC organizes fundraisers and donation drives throughout the year to support Navy commands.

scut·tle·butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get ‘insider info’

Commanding Officer, NHCL

Capt. David A. Lane

Editor-In-Chief

Raymond Applewhite

Managing & Layout Editor

Anna Hancock

Graphic Designer

Kelly Pursel

Contributing Writer

Hospitalman Apprentice William A. Cagle



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Have a story idea for *Scuttlebutt*, Navy Medicine Magazine, Navy Medicine Blog or think may be newsworthy for local media? Then contact public affairs! Call 450-4463 or 450-4501 to discuss your story.

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Coasties in the Caron Clinic

By Health Services Technicians 1st Class Travis Roberts
Wayne Caron Branch Medical Clinic

Between the hours of 7:00 a.m. and 10:00 a.m. on any given Monday through Friday at Naval Hospital Camp Lejeune's HM3 Wayne Caron Branch Clinic in Courthouse Bay Camp Lejeune, countless Marines waiting for sick call may find themselves looking around and asking, "Who are these people walking around wearing U.S. Coast Guard uniforms with ID badges and stethoscopes around their necks?" or "This is a Navy clinic – why are there Coast Guardsmen providing care?"

The answer lies in the little-known Coast Guard mission here at Marine Corps Base Camp Lejeune.

Located aboard Courthouse Bay is the Coast Guard's Special Missions Training Center (SMTC). SMTC is the Coast Guard's Deployable Specialized Forces and Tactical Boat Operations High Risk Training Center of Excellence that develops training material to improve performance and ensure safety, proficiency and standardization in the tactical communities it serves. It is a training center where Coasties hone advanced tactics and techniques such as advanced marksmanship and the tactical boat operations required to carry out complex national defense and homeland

SEE COASTIES page 8



U.S. Navy photo by Lt. Cmdr. Timothy Drill

Health Services Technician 2nd Class Kristine McKenzie (left) and Cmdr. Amy Cocanour, executive officer test medical equipment at Naval Hospital Camp Lejeune's HM2 Wayne Caron Branch Medical Clinic Courthouse Bay May 23.

Sailors Get Great Returns on an Investment by Volunteering to Help America's Youth

By Raymond Applewhite
Public Affairs Officer

Webster's dictionary defines a volunteer, as one who enters into, or offers himself or herself to perform a service on their own free will. Naval Hospital Camp Lejeune (NHCL) active duty and civilian Sailors are leaders of the pack when it comes to volunteering.

"We love having the active duty guys and gals come out to support us every year," said David Stanley head scout master for the local area.

Twenty one NHCL Sailors led by Hospital Corpsman 1st Class Nathaniel Cooper, leading petty officer of the emergency department and command volunteer coordinator, had lofty goals when it came to volunteering at the 11th Annual Boy Scout games held at Northside High School in Jacksonville May 4.

"What an amazing display of volunteerism and positive community involvement," said Cooper. Cooper works closely with personnel from Marine Corps Base Camp Lejeune, Marine Corps Community Services and the Single Marine Program to organize volunteer opportunities aboard the base and in the community.

The hospital joins forces with the area Marines to provide manpower.

Approximately 200 kids, ranging in age from five to 18 participated in the Boy Scout games. The potential future Olympians

from base and area schools participated in more than a dozen sporting events such as track and field, softball throwing, and tug-of-war. Those who won first, second or third place were awarded ribbons for excelling in the events they participated in.

"I was a Boy Scout once and I like giving back to the community. It really meant a lot to me to give back to the organization that taught me so much," said Hospitalman Gene McCormick.

The hospital Sailors give up much of their time throughout the year participating in a variety of volunteer opportunities including local nursing homes, the Volunteer Onslow program, Tarawa Terrace, the Swansboro Soccer Association and more. During periods of April and May, more than 50 Sailors volunteered to help with projects throughout the base and community.

"Going to this event made me think about the individuals that helped me out when I was a kid," said Petty Officer Second Class Stetson Randolph, also a member of the emergency department.

According to Cooper, the goal of volunteering is to not only improve community relations between the command and local community, but to also give Sailors an opportunity to grow as ambassadors for the Navy.

For more information about NHCL's community relations outreach program, contact Raymond Applewhite, public affairs officer at 450-4463.

Celebrating Our Accomplishments to Pave a New Way Forward



Capt. David A. Lane
Medical Corps
Commanding Officer

Happy anniversary, Naval Hospital Camp Lejeune! This month marks the one-year anniversary of my tenure as your commanding officer. Let me begin by thanking all of you for the privilege of serving as your commander, and for the tremendous support you've given me this past year. With a year under our belt together, I think it's appropriate to celebrate some of the things we've accomplished, and to set the stage for what I think lies ahead during the coming year.

One of our first projects was tackling the afternoon traffic gridlock that often meant an hour or more to get off the hospital compound, only to sit in more traffic on Brewster Blvd. to get off the base. Our Master at Arms (MAAs) force took that project on, first with road guards and later by deploying traffic cones to create two outbound lanes. The results have been impressive. Now, thanks to the MAAs and the other dedicated Sailors who stand duty alongside them, it seldom takes more than 20-30 minutes to get completely off the base. I'd say they hit a homerun.

The next item on our agenda came directly from the command climate survey we took shortly after I arrived. The survey showed a significant number of staff perceived we had three separate work forces – active duty, civil service, and contractors – rather than a single team. Ever since we elevated this to command-level attention, I get the sense everyone is working together to overcome the problem. I am especially proud of our Board of Directors (BOD), Command Assessment Team, and Command Training Team for what they've been doing to unify and gel our staff into a single team. We also used the command climate survey to infuse a host of other changes into our daily routine, such as improving the galley menu, expanding its hours of service, and adding midnight rations. We also began using our ship's bell to honor the birth of newborn babies, and the command master chief and I use the public address system (IMC) to keep everyone better informed about current events in the hospital and around the command.

From my perspective, perhaps the least obvious but one of the most important achievements the past year has been the reemergence of our medical and nursing staffs as key drivers in the active management of quality and patient safety programs. No longer does the Quality Management Department have to go it alone, as we've seen renewed vitality and enthusiasm from both the Executive Committee of the Medical Staff and the Executive Committee of the Nursing Staff. In addition, our committee chairs have energized their committees, too. Along the same lines, I've been very pleased to see our Chiefs' Mess, First Class Petty Officer Association, Junior Enlisted Association, and the Coalition of Sailors Against Destructive Decisions take an active role in hospital operations and in helping Sailors (active duty and civilian) make the right choices on and off duty. I've been especially

proud of what we've done together in this area, because it truly takes our whole village to make quality and patient safety job number one.

I'm also proud of our team members who have been recognized by prestigious healthcare organizations, military organizations, and local governments. They include professional groups such as the Military Audiology Association and the American College of Health Care Executives, as well as military commands like the Navy and Marine Public Health Center that have bestowed individual and group awards on members of our staff. Even the City of Jacksonville recently honored one of our Corpsmen with one of its highest awards. It's clear to both me and to outsiders that the Naval Hospital Camp Lejeune staff sets the standard in many fields across the healthcare spectrum, and shows that we are continuously seizing opportunities to make ourselves and our organization better.

To set the stage for what lies ahead, I'll start by looking back – back to the August issue of the *Scuttlebutt* when I wrote that our BOD and I were working on defining what a significantly expanded NHCL should look like through a strategic planning process we are calling “NHCL 2022 - The Art of the Possible.” We believe we've made the case to our bosses at Navy Medicine East and at Bureau of Medicine and Surgery (BUMED) that significantly expanding our capacity and capabilities will improve readiness and value for Navy Medicine and for the Navy and Marine Corps.

Accordingly, we're refining ways to increase our enrollment by 20-25,000 patients bringing our total up to 90,000. We've proposed revamped manning documents to expand our specialty and subspecialty services in order to provide a broader spectrum of secondary and tertiary care here at Camp Lejeune so our patients won't have to go beyond our facility for the most commonly needed clinical services. We've proposed expanding our residency program from 18 to 27 residents. And, with the budget situation what it is, we're looking at creative and novel ways to expand that won't require more new construction, such as converting buildings of opportunity on the base or leasing commercial property off base.

Although construction started before we began our art of the possible discussions, our soon-to-open ambulatory care wing, emergency department, and the National Intrepid Center of Excellence (NICoE) satellite facility are visible examples of just some of our potential. And so is the recently opened Level II Special Care Nursery – the only neonatal unit of its kind in Navy Medicine and in Eastern North Carolina. With all of this to look forward to, I think we'll have plenty to do during my second year in command of this great organization.

Thank you, Naval Hospital Camp Lejeune, for everything you do in support of my philosophy of command. We deliver the highest quality health care. We put the needs of our patients first. We take care of each other. And we seize opportunities to improve. With that, I'd like to introduce our new mission, vision and guiding principles. Learn them, live by them and use them to guide your every decision as you carry out safe, high quality patient care. It has been my distinct honor and privilege to have worked with you this past year, and I am eager to get started on our second year together.



NAVAL HOSPITAL CAMP LEJEUNE

CORE PURPOSE

Ensure strength through caring

VISION

To be the medical center of choice

MISSION

We serve our community through excellence in:

- Patient- and family-centered care
- Readiness
- Professional development

GUIDING PRINCIPLES

- Deliver the highest quality health care
- Put the needs of our patients first
- Take care of each other
- Seize opportunities to improve



HOSPITAL ROUNDS

Celebrating Diversity



U.S. Navy photo by Hospital Apprentice William Cagle

Dancers entertain staff members during Naval Hospital Camp Lejeune's Asian American and Pacific Islander Heritage month celebration on May 22 behind the hospital's galley. The event, sponsored by NHCL's Diversity Committee, featured dancing, food, and educational exhibits featuring culture, diversity and historical figures.

Blueberry Picking

Join the Family Readiness Group at the Southwest Strawberry Farm for blueberry picking! Meet June 22 at 11:00 a.m. If you have any questions, email frgnhcl@gmail.com.

Tickets for Corpsman Ball

It's not too late to buy tickets to the 2013 Hospital Corpsman Ball! The ball will be held at Crystal Coast Civic Center in Morehead City, N.C., June 21. Cocktail hour begins at 5:00 p.m. and dinner begins at 7:00 p.m. Contact Hospital Corpsman 1st Class Amanda Kelly, human resource office, at amanda.kelly2@med.navy.mil.

CO Town Hall Meeting

NHCL's Commanding Officer Capt. David A. Lane invites you to attend the quarterly Military Retiree Health Care Town Hall meeting June 20 in the hospital galley. The health and wellness topic will be eye disease. All retirees, active duty and family members are invited to attend. For more information, call Raymond Applewhite at 450-3501.

Two Pinned Highest Enlisted Rank



U.S. Navy photo by Hospital Apprentice William Cagle

Master Chief Hospital Corpsman Shannon Dittlinger, Directorate of Medical Services and Master Chief Damage Controlman Danielle Saunders, Directorate of Branch Medical Clinics stand at attention during the reading of their promotion citation prior to being pinned by family members during a frocking ceremony May 29 at the hospital quarterdeck Less than 1% of Navy enlisted personnel make the rank of Master Chief Petty Officer in the Navy. Bravo Zulu, Master Chief selects!

NHCL Held Safety Fair



U.S. Navy photo by Hospital Apprentice William Cagle

Naval Hospital Camp Lejeune staff members tested hazardous materials suits at NHCL's annual Safety Expo on May 21 in the hospital's galley. The Safety Department coordinated exhibits on many safety related topics including automotive safety, mental health, hazardous incidents, and adverse weather conditions to teach employees about the risks and precautions to prevent injury or harm.

Appreciating One Another



(Above) Master Chief Joseph Burds, directorate for administration prepares to take a pie in the face during Naval Hospital Camp Lejeune's annual Staff Appreciation Day on May 2 outside the hospital's galley. Pie throwers paid one dollar for the opportunity to throw a pie at selected staff members. All funds went to the Naval Hospital Recreation Committee.



(Below) Family members of Naval Hospital Camp Lejeune staff throw tennis balls at a dunk tank during NHCL's Staff Appreciation Day on May 2 behind the hospital's galley.



(Above) Command Master Chief Edward Moreno leads a line dance at Naval Hospital Camp Lejeune's annual Staff Appreciation Day event May 2. More than 1,000 staff members enjoyed an afternoon of games, dancing, outdoor activities, food and fellowship outside the hospital's galley.

U.S. Navy photos by Hospital Apprentice William Cagle

Heed Advice and Decrease Risk Health Promotion offers summer safety tips

**By April Storey
Health Promotion and Wellness Department**

Warm weather, outdoor activities, and vacations mean that summer fun has finally started! Unfortunately, it can also mean that mosquito bites, injuries, and sunburns are even more prevalent. Unless you want to spend your summer cooped up inside day dreaming of creating unforgettable memories, the risks are unavoidable. However, knowing how to have safe summer fun and taking the necessary precautions to protect yourself and your family will greatly reduce the threats.

Mosquitoes are not only pesky, but are responsible for the transmission of viruses to humans. The most common virus is the West Nile Virus which has reportedly affected more than 30,000 people in the U.S. since 1999 with over 1,200 deaths. The best way to protect yourself and your family is to use insect repellent containing an EPA-registered active ingredient, keep doors and screens shut, and to eliminate breeding sites by emptying any collections of water.

When school is out, more time is spent outdoors enjoying activities and sports increasing the risks for dehydration and injuries. When exercising or playing outside, it is crucial to stay hydrated

because your body is losing fluid from excessive sweating. Drink plenty of water even if you do not feel thirsty and be aware of symptoms of dehydration such as dry mouth, dark or low urine output, and chills. In order to lower a child's injury risk, take necessary precautions when driving or enjoying the various water activities. During a road trip, always wear seatbelts and use age appropriate car seats, do not drink and drive, and do not use your cell phone or other distracting devices. Around water it is important to always supervise your child, never let them near water without a life jacket, and to teach basic swimming skills.

Enjoying the beautiful weather is one of the many perks of summer, but it also puts you at risk for overexposure to ultraviolet (UV) rays which can lead to skin cancer. Skin cancer is the most common form of cancer in the U.S. and Melanoma is the deadliest form. To protect yourself, stay in the shade when possible, cover skin with hats, sunglasses, and cover-ups, and always wear and reapply sunscreen with broad spectrum protection (UVA and UVB) and SPF 15 or higher.

Remembering these summer safety tips will help you and your loved ones have a fun and healthy summer! For more health information, contact Naval Hospital Health Promotion and Wellness at 451-3712.

Celebrating 105 Years

By Lt. Cmdr. Timothy Drill
Deployment Health Center

Naval Hospital Camp Lejeune nurses, staff members, friends and family culminated National Nurses Week and the 105th Navy Nurse Corps birthday May 10 with a dinner at the Paradise Point Officers Club.

Senior Nurse Executive Capt. Irene Weaver, Operational Health Support Unit Camp Lejeune provided an entertaining and insightful brief as the guest speaker to a diverse audience mixed with active duty, civilian and retired nurses and colleagues

NHCL's Commanding Officer Capt. David Lane and Capt. Nancy Pearson, director of nursing services also extended poignant remarks honoring the dedicated service and extraordinary contributions of nursing throughout history.

A video collage of images and staff portraits set to music capped off a fun-filled evening of fellowship. Also, the attendees continued their strong support of community programs by sponsoring the Family Readiness Group "Boot" for the night and donating more than one hundred dollars to assist future FRG events.

Each year, from May 6 through Florence Nightingale's birthday on May 12, nurses find creative ways to have fun and remember their foundation of caring. This year was no different as nurse corps officers planned various events throughout the week including yoga, massage, an early morning breakfast and a cake-cutting - all in the tradition of sustaining morale and camaraderie within the professions of patient care.

COASTIES from page 2

security missions. The unique resources here at Camp Lejeune, from protected waterways to numerous land ranges, make Camp Lejeune an ideal site for conducting this specific type of training.

Medical and health care needs for SMTC permanent party members and students are provided via a combination of Naval Hospital and Coast Guard resources. Assigned to SMTC are 11 health services technicians (HS) who fill a similar role that hospital corpsmen (HM) fill in the Navy. To receive their corpsman rating, Coast

Guardsmen attend a five month "A" school, and much like the Navy, have varying degrees of advanced specialty qualifications earned from "C" schools, ranging from pharmacy technician to paramedic. The ranking system is identical to Navy petty officer ranks and Coast Guard petty officer corpsmen may be addressed as



HM3 Wayne Caron Branch Medical Clinic

for Coast Guard members, and when the clinic is busy, Coast Guard corpsmen will provide care for members from other service branches. When not performing clinic duty, the Coast Guard corpsmen are found providing field and range medical support, getting underway on small boats, or conducting in-house medical training.

SG Visits Lejeune



U.S. Navy photo by Hospitalman Matthew Heefner

The U.S. Navy Surgeon General Vice Adm. Matthew L. Nathan speaks to Naval Hospital Camp Lejeune staff members at the flag pole during a two-day visit to the Camp Lejeune area to discuss the state of Navy Medicine May 22. Vice Adm. Nathan also toured the multi-million dollar construction and renovation projects and had breakfast with members of the year.

"HS1", "HS2", or "HS3".

At the Caron Clinic, Coast Guard corpsmen are expected to perform the same scope of skills as Navy corpsmen such as working up or triaging patients, performing minor surgeries, counseling patients, and serving in medical administration roles. Under Coast Guard medical direction and a Memorandum of Understanding (MOU) between SMTC and the Caron Clinic, HSs are authorized to perform these tasks aboard Camp Lejeune and are provided access to the programs required in patient care. At any time, there is at least one HS on duty at the clinic waiting to care